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1. CHILD AND ADOLESCENT HEALTH

FACTORS AFFECTING THE BMI IN ADOLESCENTS ATTENDING THE 2ND AND 3RD CYCLES IN PORTUGUESE SCHOOLS FROM VISEU

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Introduction: Many studies show that the prevalence of overweight and obesity among children is rapidly increasing and developing into a major public health problem worldwide.

Objectives: To assess the Body Mass Index (BMI) in school children from 2nd and 3rd cycles in Viseu schools and identify the sociodemographic, behavioural and educational factors that are related to the BMI.

Methods: This is a quantitative descriptive and explanatory study with a convenience sample of 742 students attending schools of the 2nd and 3rd cycles in Viseu. The study was carried out by means of a questionnaire, which was produced for this study and previously submitted to the approval of the competent authority (DGE) for application in school context.

Results: It was found that some sociodemographic factors were associated with BMI, namely age, school year, practicing high competition sport, being federate in a sport or vegetarian diet. Regarding the educational factors associated with BMI these included only the seminars given at school by specialist in nutrition. Furthermore, a significant relation between BMI and SF was found, where SF represents the school sources of knowledge. Finally among the behavioural factors associated to BMI stood: learning in classes, playing in the open air, reading books and use of internet.

Conclusions: The results reinforce the need of adolescents to practice a healthy lifestyle and the role of family and school in providing the right information to help making right food choices.

Finally in the sample at study the incidence of overweight and obesity was not at all preoccupying, thus indicating that the efforts to provide a good education both at home and at school are adequate and must be carried on.

Keywords: Body mass index. School children. Food education.

QUALITY OF LIFE OF CHILDREN AND YOUNG PEOPLE WITH DIABETES MELLITUS TYPE I

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Introduction: Diabetes Mellitus type I (DMT1) has become apparent in children/young people, a current and worrisome problem due to increasing incidence and prevalence. In addition to its consequences, it interferes with the quality of life (QOL), representing a public health issue.

Objectives: Characterize the QOL of children/young people with DMT1; identify factors influencing children/young people with DMT1 QOL; check DMT1 impact in the QOL of children/young people.

Methods: Systematic review of full text studies, published from January 2006 to June 2014 that included the QOL of children/young people with DMT1, children/young people with DMT1 with no other pathology and their parents, consulting CINAHL, MEDLINE, MedicLatina, Academic Search Complete, Psychology and Behavioral Sciences Collection and Scholar Google, using “quality of life”, “child*”, “diabetes”. Studies of children/young people with DMT1 and other chronic illness were excluded. 546 articles have been identified, 11 selected and seven used.

Results: Parents perceive less QOL and greater impact in the life of children/young people than them. Children/young people QOL improve with the insulin pump and severe hypoglycemic crisis and ketoacidosis decrease. Gender and age group influence children/young people QOL. Severe hypoglycemic crisis are related to the parents' fear of hypoglycemia, affecting their and their children's QOL. Young people using complementary and alternative Medicine have better QOL than those using stress relief activities. Children with DMT1 have impaired school performance.

Conclusions: Children with DMTI have less QOL than before the illness. Nurses shall intervene at a social, physical and emotional level with children/young people and their families to help promoting their QOL.

Keywords: Quality of life. Child. Young people. Diabetes. Chronic illness.

BREASTFEEDING CHILDREN WITH CLEFT LIP AND/OR PALATE

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Introduction: Cleft lip and/or palate occur between the 4th and 9th gestation week. It may affect, totally or partially, the lip, alveolar ridge and anterior and/or posterior palate. Breastfeeding, with its known, proven and unquestionable benefits, is possible with these children.

Objectives: Knowing the breastfeeding reality for children with cleft lip and/or palate and their mothers, identifying breastfeeding promoting strategies developed by nurses, knowing if the cleft type interferes with the duration and type of breastfeeding and identifying difficulties felt by the mothers.

Methods: Systematic review of full text studies, published from January 2000 to April 2014, that included how it is to breastfeed these children, breastfed children with cleft lip and/or palate but with no other malformation and/or pathologies, mothers of children with cleft lip and/or palate that have breastfed; consulting CINAHL, MEDLINE, MedicLatina and Psychology and Behavioral Sciences Collection, Scholar Google, using "Cleft lip", "Cleft palate", "Child*", "Breastfeeding", "Mother", "Experience". 679 articles have been identified, 13 selected and eight used.

Results: Children with cleft palate have more difficulty during breastfeed. The exclusive and total maternal breastfeeding occurred mostly on children with pre-incisive foramen cleft. The biggest difficulties were: sucking, swallowing, choking and nasal reflux. Insufficient sucking was the main cause for natural breastfeed substitution. The lack of knowledge of the health professionals regarding these babies' feeding caused the mothers not to breastfeed. They've shown concerns for the baby breathing, swallowing difficulties, colic, nasal reflux and choking.

Conclusions: The breastfeeding of these children should be promoted by nurses.

Keywords: Breastfeeding. Child. Cleft lip. Cleft palate.

HEALTHY FOOD PRACTICAL IN CHILDREN WITH INTELLECTUAL DISABILITIES

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Introduction: Obesity is considered by the World Health Organization an epidemic of the XXI century, associated to feeding practices with scientific evidence. In Portugal, scarce studies about dietary habits among the population with special needs.

Objectives: This work aims to develop children with intellectual disabilities positive attitudes towards healthy food and encourage acceptance of a healthy and varied diet as a way to promote health.

Methods: The study was developed with six institutionalized students, in the 3rd cycle of basic education, with intellectual disabilities and took place in daily school life of a school district

of Portalegre (Portugal). We adopted the methodology of action research. It was featured the eating habits of the students and evaluated anthropometric measurements. The analysis of information allowed us to elaborate and implement an empowerment program, depending on the specificity of each subject. It was developed a new cycle of observation that allowed us to assess the immediate impact of didactic empowerment sequence.

Results: The results point to a favorable change in feeding behavior in the period immediately due to the implementation of the empowerment program.

Conclusions: Environmental factors, in middle school, seem to constitute as high facilitators of change of eating habits. We consider appropriate to implement continuous didactic sequences aimed at empowerment of children with intellectual disabilities to healthy eating practices.

Keywords: Empowerment. Health. Special needs. Alimentation.

LIFESTYLES: PROPELLANTS FACTORS OF OBESITY IN ADOLESCENTS

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Introduction: Although a large collection of results that can identify the causes of obesity is available, it is not an easy task to characterize its etiology. Outstanding among the factors related to overweight and obesity the changes in eating patterns and physical activity, occurred in several societies. About 95% of obesity cases in childhood and adolescence involve exogenous obesity, that is, dependent on environmental factors.

Objectives: To analyze lifestyles and eating factors in school adolescents from the town of Bragança.

Methods and techniques: Observational, descriptive and cross-sectional study with a sample of 281 school adolescents from the town of Bragança, using a questionnaire.

Results: It was found that 63.7% of the young people play sports. Walking is an activity played by 5, 7% of the young people. Most of the teens do few daily meals, have a consumption of products rich in fat (chips) and carbohydrates making meals preferably at home or at the canteen. Family is who, in the opinion of adolescents, more influences their diet (59.40%), while the influence of health professionals nurses and physicians is not significant.

Conclusions: The way as each teenager deals with his capital of health a long life with individual options and defined by DGS as lifestyle is a main question on onset of individual and collective health.

Keywords: Adolescents. Lifestyles. Eating habits. Eating.

PREVALENCE OF OVERWEIGHT IN ADOLESCENTS IN THE 3RD CYCLE

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Introduction: Obesity is a pediatric disease that in the past decade has increased considerably its prevalence. In Portugal 30% of children and adolescents are overweight and it is therefore essential to promote healthy lifestyles, with the practice of a balanced diet, and regular physical activity.

Objectives: To identify the prevalence of overweight and obesity among adolescents 3rd cycle schools in the city of Castelo Branco and implement its referral to the nursing obesity consultation.